

Trainingsplan Feldsaison 2024

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag									
	A	B	A	B	A	B	A	B	A	B								
15.00 - 15.30	TW-Tage 14tägig				NHV		TW-Tage 14tägig (Robert + Team)											
15.30 - 16.00	mU8/ mU10 15:30 - 17:30						wU10 15:30 - 17:00		w U12 3/4 15:30-17:30		1/4 TW 15:30 - 17:00							
16.00 - 16.30																		
16.30 - 17.00			wU08 16:00-17:30	wU10 16:00-17:30														
17.00 - 17.30	mU12/ mU14 17:30 - 19:00						wU14/ wU16 17:00 - 19:00		mU12/mU14 17:30 - 19:00 (19:30**)									
17.30 - 18.00			wU14/ wU16 17:30-19:30	wU12 17:30 - 19:00														
18.00 - 18.30																		
18.30 - 19.00	wU16/wU18/2.Damen 19:00 - 20:30		1. Damen 19:30-22:00				wU16/wu18/ 2.Damen 20:30-22:00		Ecken 20:30 - 22:00		1. Damen 19:30 - 21:30		Punktspiele ab 19:30 (Warmup 19:00 Uhr) Trainingsspiele					
19.00 - 19.30																		
19.30 - 20.00																		
20.00 - 20.30	Herren		Löwenauslese															
20.30 - 21.00																		
21.00 - 21.30																		
21.30 - 22.00																		

** wenn keine Spiele geplant sind.

	Samstag	
	A	B
10:00 - 10:30	Wusel	wU8
10:30 - 11:00		
11:00 - 11:30	m U8	m U10
12:00 - 12:30		
12:30 - 13:00		

Wusel	Sa: 10:00 - 11:30												
mU8	Mo: 15:30 - 17:30 Sa: 11:30 - 13:00	mU10	Mo: 15:30 - 17:30 Sa: 11:30 - 13:00	mU12/mU14	Mo: 17:30 - 19:00 Fr: 17:30 - 19:30**								
wU8	Di 16:00 - 17:30 Sa 10:00 - 11:30	wU10	Di 16:00 - 17:30 Do 15:30 - 17:00	wU12	Di 17:30 - 19:00 Fr 15:30-17:30	wU14/wU16	Di 17:30-19:30 Do 17:00 - 19:00	wU16/wU18 2.Damen	Mo 19:00-20:30 Mi 20:30 -22:00	1. Damen	Di 19:30-22:00 Do 19:30 - 21:30	Ecken	20:30 - 22:00